



Halifax North West Trails Newsletter - April 2017

Spring is here and the trails are becoming safer and easier for walking and running. If you notice problems on the trails, call 311 indicating the location and detailing the problem. All of our urban trails require dogs to be on leash; the dog park is nearby for off leash use.

The Mainland Linear Trail is now open after Nova Scotia Power pole replacements and will be restored to its original status soon. This nearly 5 km corridor is a shared asset and we are fortunate it connects our neighbourhood, schools and recreation facilities and is an Active Transportation route. With assistance from HRM, several improvements are planned including benches and perhaps a picnic table. Let us know where you would prefer to rest after a walk on the trail! These

ideas will be shared on a local Jane's Walk hosted the first weekend of May, celebrating Jane Jacobs and her urban planning ideas for neighbourhoods. This will be one of many walks around HRM suitable for all ages.

Halifax North West Trails is planning more activities for the coming months. Keep in touch by checking out our website at www.halifaxnorthwesttrails.ca and contact us at hnwta.contact@gmail.com to receive a periodic mailing or updates or to ask questions. We are looking for additional Board members to help out with various activities including Maintenance and Project committees and others including a Chair or two Co-chairs sharing this volunteer role. If you are keen to learn more about current opportunities for trails in the region, please contact us. Please consider this personal challenge for the next year or two. Our Annual General Meeting is scheduled for Tuesday, June 13 at 6:00 PM at the Keshen Goodman Library.

The annual trail cleanup at Belchers Marsh Park takes place on Earth Day, April 22. Bring your gloves and wear suitable footwear and old clothes! Last year over 40 bags of garbage were collected; helpers of all ages are welcome at 10 am, at the corner of Langbrae and Parkland Drive. Plan to bring a street or neighbourhood team - there are nearly 3kms of trail in this HRM Park. This activity is in partnership with the Friends of Clayton Park.

Chebucto West Community Health Board awarded HNWTA a grant for Nordic Poles in partnership with the Keshen Goodman Library. You will be able to borrow poles with your Library card after mid-May. Learn how to use the poles to maximize the health benefits at one of 3 upcoming workshops in early May. Register at the Library for more details; the first session is May 3. In addition, members of Halifax North West Trails will

be leading Nordic Pole Walks along the Linear Trail starting in April, weather permitting - more details and contact information will be on the website or Facebook page.

The recent launch of the provincial Strategy for Seniors - Switch, an Action Plan - encourages healthy active living; these projects will help to keep seniors active! Learn more about seniors, services and programmes, at a Seniors Expo on Friday, April 21 at Rockingham United Church, 1:30 - 3:30. HNWTA will be there.

We are awaiting an update Report from HRM regarding the Blue Mountain Birch Cove Lakes Regional Park activities. In September, a 6 month update was promised. Walks and hikes will take place in the Wilderness Area through the spring and summer. If you are able to assist in leading a walk/hike, please let us know soon.

Following two rounds of public engagement in 2016, the HRM Integrated Mobility Plan (IMP) team has begun to prepare the Plan for presentation to Committees and Council in June and July. A final check in with the community to explain the draft plan has been scheduled included here for your information:

Wednesday, April 19, 6 – 8 p.m. | Cole Harbour Place (Westphal Room), Cole Harbour

Thursday, April 20, 12 noon – 2 p.m. | Central Library (Paul O'Regan Hall), Halifax

Thursday, April 20, 6 – 8 p.m. | NSCC Tech Campus (Atrium), 5685 Leeds St, Halifax

Monday, April 24, 6 – 8 p.m. | NSCC Waterfront (Presentation Theatre), Dartmouth

Wednesday, April 26, 6 – 8 p.m. | Ecole Secondaire du Sommet (Cafeteria), 500 Larry Uteck, Bedford South.

Thursday, April 27, 6 – 8 p.m. | Acadia Hall, 650 Sackville Drive, Lower Sackville

Try to attend a local session and put in a good word about walking and community access. We all need safe and reliable connections whether we are walking and cycling or using transit or driving...every trip has a walking component, wherever you live.

April is Volunteer Month! We offer a big *thank you* to all of the many volunteers in our community. And if you are looking to join a group that is making a difference in Mainland North, consider joining Halifax North West Trails and becoming involved. Please share this messaging with a neighbour or friend who may not already be connected to the group.